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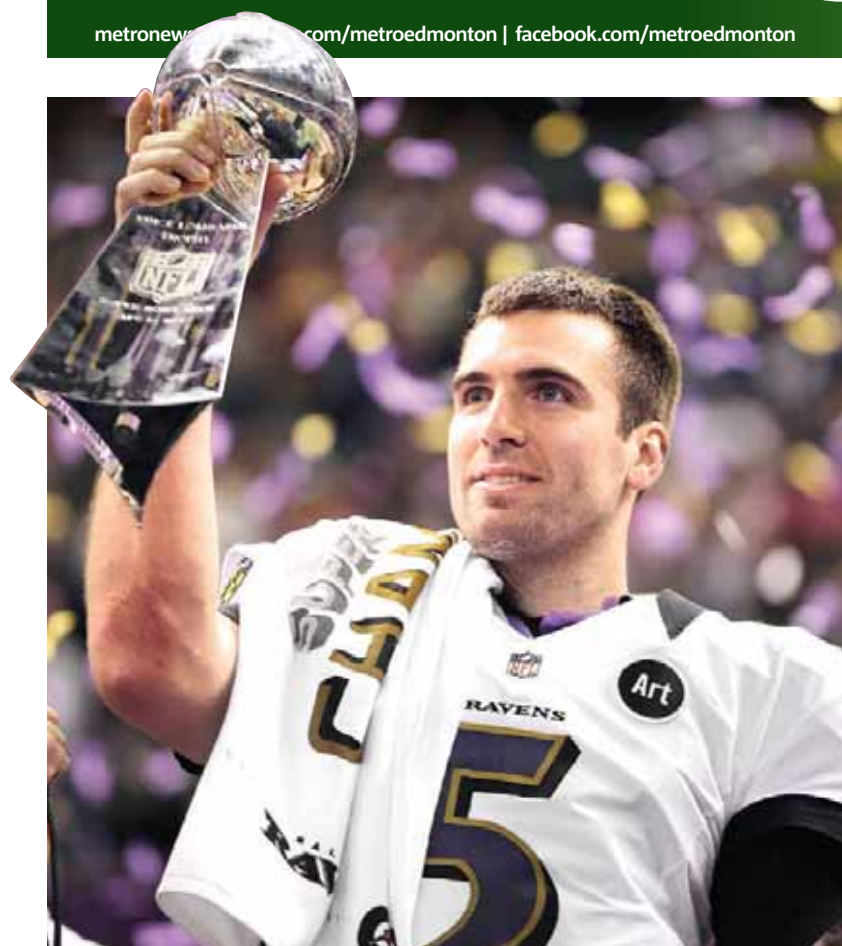
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Monday, February 4, 2013

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RAVENS SEAL THE DEAL

Baltimore Ravens quarterback Joe Flacco holds the Vince Lombardi Trophy after defeating the San Francisco 49ers 34-31 in Super Bowl XLVII, Sunday, in New Orleans. For more, see page 15. MATT SLOCUM/THE ASSOCIATED PRESS

Legislated teacher deal finds support

Controversy. Government-mandated contracts have drawn fire in other provinces



Alberta's education minister has asked two-thirds of school boards in the province if they would support a legislated teachers' contract, and some trustees openly agree with the idea, a spokesperson said Sunday.

Education Minister Jeff Johnson has been gauging support with boards during meetings held ahead of the provincial budget unveiling in March, press secretary Kim Capstick said.

She added that the idea of a legislated deal was ori-

ginally pitched to the minister in a meeting shortly after tripartite talks on a new provincewide deal failed in December, throwing negotiations to local bargaining for the first time in five years.

"I think, for the most part, people are just anxious about any possibility of labour disruption in the classroom — but I don't think we're there yet," Capstick said, adding the ministry is hearing reports that some negotiations aren't going as quickly as initially hoped.

Sticking points during original negotiations included an Alberta Teachers' Association wish to restrict assigned hours for members and a government move to remove that group's veto power on instructional policy and legislation.

Elaine Horner, vice-chair

for the Prairie Land Regional Division, said her board met with Johnson on Jan. 17 and was "non-committal" on a legislated deal.

"I know that the government was disappointed when the ATA walked away from the tripartite table," she said, before adding a government-mandated contract would allow the ATA to "do what they really should be doing and that's being the professional organization (for teachers) instead of a union."

Jean Boisvert, vice-chair for Elk Island Catholic Schools, also confirmed talks of a legislated deal when his board met with Johnson, but admitted he has concerns.

"We'd like to be able to finish our process," he said. "Legislation always seems to leave a bad taste in people's mouths."

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Samson Townsite

Teen murdered in Hobbema

RCMP are investigating after a 16-year-old boy was killed Saturday morning, in what police believe may be a gang-related incident.

Hobbema RCMP, EMS and a dog service team responded to a firearms complaint in the Samson Townsite at 4:15 a.m. Saturday morning.

A 16-year-old boy, from Hobbema, was fatally injured in the incident, which police continue to investigate. **METRO**

Truck-bus collision

Fatal crash near Athabasca

A 23-year-old woman is dead after colliding with a multi-passenger bus carrying an Athabasca hockey team. Athabasca RCMP were dispatched to the accident on Highway 2, about 1 kilometre south of Athabasca, after 2 a.m. on Sunday. The woman, who was driving a truck, was pronounced dead at the scene and a 23-year-old male passenger sustained critical injuries. The bus driver sustained minor injuries. **METRO**

Groundhog day

Billy predicts early spring

Alberta's groundhog predictor saw reason to smile Saturday, predicting winter would end soon. Balzac Billy, which is really a person in a Richardson ground squirrel costume, predicted a quick end to winter when he couldn't see his shadow in a Calgary garden centre parking lot. Billy was joined by Warton Willie and Winnipeg Willow, but Nova Scotia's Shubenacadie Sam and Quebec's Fred are calling for more cold weather.

THE CANADIAN PRESS

Sales tax an online budget tool, but not in government's plan

It has the power to turn Alberta's deficit into a healthy surplus, without cutting a single government service, but the government is adamant a sales tax will not be coming to the province.

While the government insists it's not on the table, the sales tax is an option on the government's online budget tool at www.budgetchoice.ca.

A five-per-cent sales tax would bring in \$5 billion in revenue, turning the government's projected \$2.6 billion deficit to a \$2.4 billion surplus.

Finance Minister Doug Horner's spokesperson Robyn Cochrane said the

sales tax is on the budget calculator only to show options.

"It's not telegraphing what we are putting into the budget. It's just a reasonable amount of options for someone to play with it," she said.

Cochrane said the point is to demonstrate the challenge government faces.

"It is not just as easy as cutting salaries for mid-level managers and you balance the budget," she said.

Bill Moore-Kilgannon, with Public Interest Alberta said a sales tax is a bad idea, because it would unfairly punish poorer people who spend most of their income.

"I think the government

What a sale tax would cost you

Using the HST charged in Ontario and the Atlantic provinces Metro calculated the cost of a sales tax on some items you might purchase.

- Beer: 12 Miller genuine Draft now: \$21.95. With sales tax: \$24.15.

- Gym Membership: Downtown YMCA now: \$69.83. With sales tax: \$74.81.

- Oilers Ticket: Lower bowl single ticket now: \$190.50. With sales tax \$209.55.

- Sony Brava: 40" LED TV now: \$734.99. With sales tax: \$808.49.

needs to look at all options, but they have better options than a provincial sales tax," he said.

Moore — Kilgannon said

the province should look at higher energy royalties or eliminating the province's flat income tax system.

RYAN TUMILTY/METRO

Edmonton charities cash in on penny's demise

Change. Businesses being told to round cash transactions to the nearest nickel beginning today

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Pennies have been rolling into Edmonton charities ever since the government announced the one-cent coin's demise last spring.

As the phase-out of the penny continues, with businesses being urged to round cash transactions to the nearest nickel beginning Monday, several non-profit organizations are tallying up totals from their penny-drives.

Volunteers at Habitat for Humanity Edmonton have spent the past eight months

Rolling 'em up

- Edmonton's Food Bank has collected nearly \$800 in pennies and has bins full of change waiting for volunteers to roll at an upcoming roll-off.
- ABC Head Start has raised more than \$1,800 through their penny drive, with donations continuing to trickle in.

collecting and rolling more than 1 million of the copper-coloured coins.

"(That's) a heck of a lot of pennies," said Alfred Nikolai, CEO of the organization.

Nearly \$12,000 in pennies were donated to the charity and Nikolai said the organization had "a lot of fun" with the spare change.

Needing people to roll



Pennies are piling up for charities, as the government phases out the one-cent coin. **METRO FILE**

the coins became a way to bring in new volunteers and having corporations donate pennies helped introduce the community to the charity's work, he said.

"It's hard to raise money, it really is," Nikolai said. "We used (the penny drive) to engage different people that never probably would have supported us before."

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RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social media sites and counted participants

staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request.

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor protests.

The documents show NCC

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of people in the room. **THE CANADIAN PRESS**



Police evicted activists, part of an international protest against income disparity, from Confederation Park in November 2011. PATRICK DOYLE/THE CANADIAN PRESS FILE

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Police begin investigation into landslide



Provincial police have begun some analysis on the site and in the pit.

GRAHAM HUGHES/THE CANADIAN PRESS

Pulled from the rubble. Adherence to safety protocols will be examined in deaths of two workers

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

Officers will try to determine the circumstances of the accident now that the recovery effort is over, said police spokesman Gregory Gomez on Sunday.

The bodies of two missing workers — a woman and a man — were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Police will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, Gomez said in an interview.

"We've done some analysis on the site and in the pit," he said.

"We're going to try to determine what happened, the sequence of events and if there is criminal wrongdoing in this incident."

Maskimo Construction has come under scrutiny before. The company was fined in 2008 after failing to follow safety protocols when a work-

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

er was run over by a truck a year earlier.

The company held a press conference on Saturday extending its sympathies to the victims' families and promising to co-operate with investigators.

When survivor Benoit Robert spoke with reporters last week, he said he didn't blame his employer and described them as responsible.

Jacques Nadeau, spokesman for Quebec's workplace safety board, said the investigation would include interviewing workers at the site and geological experts.

"We'll have to look at the history behind the company, but every accident is unique," he said, adding that the investigation would take about six months. **THE CANADIAN PRESS**

London, England

Man Tasered outside royal palace

Police used a stun gun to arrest a man armed with knives outside Buckingham Palace on Sunday, as throngs of tourists gathered to watch the Changing of the Guard ceremony there.

Scotland Yard said the man was spotted carrying two knives outside the central gate of the London tourist landmark. He did

not threaten other people at the scene but acted aggressively when challenged by police.

A video posted to YouTube showed the man putting a kitchen knife to his neck and shouting. He took several swipes at a policeman, who fired the stun gun.

Witnesses said the man had broken through a security cordon and was attempting to walk toward the palace guards when he was stopped by police.

THE ASSOCIATED PRESS

Victoria, B.C.

Super Bowl trip goes to pot

A decades-old pot possession charge cost a Victoria man the trip of a lifetime.

Myles Wilkinson beat nearly four million contestants to win a trip to the Super Bowl in New Orleans, but his victory went up in smoke when Toronto airport border guards blocked him from crossing this week due to a 32-year-old charge for less than two grams of cannabis.

At the time, a teenaged Wilkinson paid a \$50 fine.

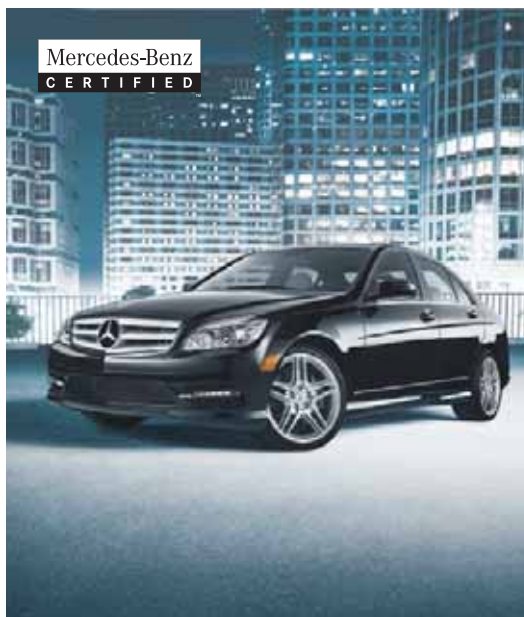
This is an "all too common" story, said Dana Larsen, director of the Sensible B.C. campaign to hold a referendum on decriminalizing cannabis.

"Any kind of possession conviction means a lifetime ban on crossing the U.S. border," Larsen said, adding that someone charged but not convicted can still be refused entry to the States.

Wilkinson plans to join the Sensible B.C. campaign.

EMILY JACKSON/METRO IN VANCOUVER

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Iraq exchange
gets first major
stock float

Iraqi mobile phone service provider Asiacell sold a 25 per cent stake to investors Sunday on the Iraq Stock Exchange in what the head of the bourse said is the biggest initial public offering in the Middle East since 2008.

Taha al-Rubaye also said it's the first major stock

float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein.

The floatation, which raised close to \$1.3 billion, was seen as a test of investor confidence in the country. It could reassure international investors, many of whom remain wary of the risky Iraqi market, influenced by continued sectarian violence and political deadlock.

THE ASSOCIATED PRESS

Free vs. fee.
Is streaming
music worth
paying for?
Canadians
think not

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recent report by the Department of Canadian Heritage suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service.

THE CANADIAN PRESS

Twitter hacking may
affect 250K accounts

Cyberspying.

Company has not said whether China is behind security breach

Twitter is among the latest U.S. companies to report that it is part of a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyber-attack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small percentage of our users." The company reset the pilfered passwords and sent emails advising the affected users.



In this 2010 file photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to information on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including The New York Times and The Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, The Washington Post disclosed that it was also

the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent cybersecurity blog.

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. THE ASSOCIATED PRESS



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Here is a quote that might make you laugh.

"We are delighted that so many citizens were involved in suggesting names for our future LRT System lines," said Cory

Sousa, city planner, who works with the Naming Committee. "Naming our LRT System lines is an important part of growing our city."

Let me see if I have this right. The city chose five names for LRT lines from 900 suggestions that were submitted. As unlikely as it is, let's assume that everyone who took the city's online survey suggested only one name. We have a population of about 812,000 people according to the latest information available from the city. That would mean a whopping .001 per cent of the population took part in the survey. Even if we cut the population number in half to allow for children and the computerless, that's still only .002 per cent of residents. If everyone submitted five names, it would mean an infinitesimal number of Edmontonians thought naming LRT lines was worth their time.

Namers anonymous

What on Earth would make the city think that those professions would be any better at picking a good name than you, me or my aunt Millie? Given the abysmal quality of the names that were chosen, I am not surprised those "professionals" choose to remain nameless.

Professional namers? Let's assume that professional means, doctor, lawyer, accountant and such. What on Earth would make the city think that those professions would be any better at picking a good name than you, me or my aunt Millie? Given the abysmal quality of the names that were chosen, I am not surprised those "professionals" choose to remain nameless.

According to Mr. Sousa, naming our LRT lines is an important part of growing our city. Really? I would have thought there were many more important things for the city to concern itself with. But if LRT line naming is so important, how were the existing lines named? Was there some survey in the past that I somehow missed?

DNA test results

Scientists to reveal whether corpse is Richard III

A historical mystery could soon be resolved, with the help of a Canadian family.

Scientists on Monday will announce the results of tests meant to determine whether a skeleton found under a parking lot in central England belongs to 15th-century King Richard III, the last English monarch to die in combat.

Researchers at the

University of Leicester have analyzed the bones, which were discovered during an archeological dig in September. The skeleton showed signs of Richard's famed spinal curvature and of fatal battle wounds.

Scientists compared its DNA with samples taken from a Canadian family that is a direct descendant of Anne of York, Richard's eldest sister.

Jeff Ibsen says he was warned long ago that his family might be called upon if the king's burying place was ever discovered.

THE CANADIAN PRESS

Vegan bark may have bite



VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs.

THE CANADIAN PRESS

Canine culture

"You only have to spend a few seconds in the room, when they hear carrots being chopped up they're like lightning ... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland

A vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. THE CANADIAN PRESS

Chilly winter warmed by big hearts

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Food banks often face an uphill battle after the holidays, with high need and low donations.

But for Camrose residents, helping solve this problem was as easy as sliding down a hill.

On a snowy Sunday afternoon last month, hardy families bundled up and headed to Jubilee Park for a toboggan day where the price of admission was a non-perishable food donation.

All proceeds went to Neighbor Aid, a local organization that runs sev-

eral community programs including a food bank, soup kitchen and school breakfast clubs.

The event was a perfect way for families to make the most of a bracing winter day, while also making an impact in the lives of local families who will be undoubtedly grateful for the kindness.

It's all downhill from here! CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children.

Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved.

Help the good news get around. Send your stories to good-news@metowe.com and we'll share them right here.



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The Word



Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's — all year long



THE WORD

Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as

their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."



Nicole Kidman

'No surgery for me,' says Kidman on her age-defying looks

Despite numerous reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery. "No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again." So how does the

Australian actress keep her face looking the way it does? "I wear sunscreen, I don't smoke and I take care of myself, and I am proud to say that," she said. "Anybody can do anything to themselves — I don't judge — but personally, I believe in being physically fit."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones

STARGAZING
Malene Arpe
scene@metronews.ca

This week in creepy dads:

1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs."

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Justin Bieber gropes a fan's breast at a meet and greet. Selena Gomez decides to spend two or three days in bed, watching The Notebook over and over and not washing her hair.

Kris Jenner gets her own talk show. Subjects that will be covered during the first week of broadcast: "Kash comes from kids," "Kashing in on kute kids" and "Kids! Can they be converted into more kash?"

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.



Lindsay Lohan

Carole Mallory, author of a book about her affair with Norman Mailer, has written a new book about sleeping with famous men. In it, she says that Robert De Niro used to keep his socks on. "That totally ruined all my elaborate erotic fantasies involving Robert De Niro," said absolutely no one.

Porn actor James Deen talks about working with Lindsay Lohan on The Canyons. "In porn I am used to working with professionals who are courteous to others," he says. "Whatever," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Sources say it was only the respective entourages who were fighting. 3) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/stomp on one of your beloved cultural touchstones" warnings. **TORSTAR NEWS SERVICE**

Ocean takes high road by not 'mutilating' Brown after studio brawl

Frank Ocean has decided not to press charges against Chris Brown after their brawl outside a Los Angeles recording studio last week, he revealed in a post to his Tumblr blog. "As a child, I thought if someone jumped me it would result in me murdering or

mutilating a man. But as a man I am not a killer, I'm an artist and a modern person," Ocean writes. "I'll choose sanity. No criminal charges. No civil lawsuit. Forgiveness, albeit difficult, is wisdom. Peace, albeit trite, is what I want in my short life."



Penelope Cruz

Baby No. 2 on way for Penelope and Javier

Penelope Cruz is reportedly pregnant with her second child, according to E! News. The Spanish actress is about three months along, sources say, and is thrilled to be pregnant at

the same time as her sister, Monica Cruz. Penelope is currently vacationing with husband Javier Bardem on Johnny Depp's private Caribbean island. The couple has a two-year-old son, Leo.

Twitter



@kirstiealley

my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall" ..Oy Vey



@ElizabethHurley

Dragging myself downstairs to put puppy in the garden.....



@JuddApatow

I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.



@SteveMartinToGo

The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.

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Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?! Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from

the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

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- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.



Dealing with dinnertime stress? Here's what not to say

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he

doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

row night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

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Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

Being mindful of our nice-to-nag ratio



Communication with your children can be tough. Remember to try to stay calm. ISTOCK IMAGES

Hands down, my greatest challenge as a mother is trying to stay calm and facilitate growth through the natural wild behaviour children have. I want to be calm, but wow, it is hard to do.

So I ask myself a question every day to help me stay focused on being calm: What will be my nice-to-nag ratio?

Every family who has come to see me in my psychotherapy practice with "misbehaving children" has had a very low nice-to-nag ratio. Children use behaviour to communicate until they can find the words to express themselves, and misbehaving children and their parents can get into a pattern where the

bulk of any communication to that child is corrective. "Stop it! Why are you doing that? Why won't you listen?" Again, it can be hard to be nice to a child who, in your mind, is always blowing it.

"Your ability to enjoy your child may be the most important factor in his development," according to Laura Markham, PhD, author of *Peaceful Parents, Happy Kids*.

If I can stop myself from hurting or scaring my child or continually being on my child's back when they need direction, I won't be contributing to their negative self-talk. Children push away from their parents

when they experience too much wounding from them.

Do you like to be around people who are continually on your case? No, and neither do your children. An exhausted, mother of a "rebellious teen" said, "I wish someone would have told me this when my daughter was little. How can I possibly take back all those days I constantly nagged her? Help me get her back." Thankfully, I can report that after a year of that mom's conscious decision to communicate with her daughter openly, she is well on her way to getting her daughter back.

ANDREA NAIR/YUMMYMUMMYCLUB.CA

3 LIFE



Tanima Majumdar is the photographic force behind Chobhi scarves. PROVIDED

A beautiful business idea that comes from the art

That's a wrap!

Long-time pals combine photography skills and fabric savvy to create wearable art for their clients



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Ronjiny Basu and Tanima Majumdar
City: Ottawa and Delhi, India

Age: 31
Occupation: Co-founders of Chobhi Scarves

Friends since childhood, Ronjiny and Tanima always dreamed of doing something creative together. When Ronjiny completed her MBA in design, fashion and luxury goods in Italy, she finally convinced Tanima to put her remarkable nature photography to work. The two friends launched a line of luxury, nature-themed scarves under the name of Chobhi, which in Bengali means "picture". They call their creations "wearable art" and will soon expand to include a unique line of jewelry.

We knew we were on our way...

"...When we held a scarf in our hands for the first time. I had seen it on Skype from India and it didn't seem real," says Tanima, "but when Ronjiny handed it to me, it was amazing and exactly what I had pictured. The colours and designs really stand out on fabric."

Ronjiny is in India right now working on producing their spring line and says, "It's been extremely rewarding to see something you are passionate about bloom and grow. Our wish is that our scarves connect with your heart."



Ronjiny Basu. PROVIDED

Action Plan

- **Have a strong business and marketing plan that is customer-centric.** It's important to have a product that connects to customer's emotions and links to a lifestyle statement.
- **Put innovation into your passion by reinventing your products.** We're continu-

ously trying to reinvent our strategy for the long term.

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To help evaluate your online presence, James Davidson, talent acquisition manager for PwC, provides us with five key considerations that will help you improve your digital brand and make you more noticeable than your competitors.

Relevance

People evaluate you based on

The web at work

- PwC is hosting its second annual Personal Brand Week from Monday to Friday.
- During the week, visit the PwC Careers Canada Facebook page (facebook.com/PwCCareersCanada) for more tips and techniques on personal branding.

relevance. This is how consistent the real-world-you is to the virtual-world-you. To increase your volume and relevance on the web, you can showcase your expertise, skills and experiences via online forums, Facebook, LinkedIn and Twitter.

Volume

Volume speaks to how much content is on the web about you — the more you have to say about yourself, the more information people will have on you.

Clarity

Clarity means the ease with which readers can differentiate the content that is about you versus content on others with the same name. It's imperative to secure your vanity name for LinkedIn, Facebook and Twitter. Spending time figuring out the right words to describe yourself is critical.

Diversity

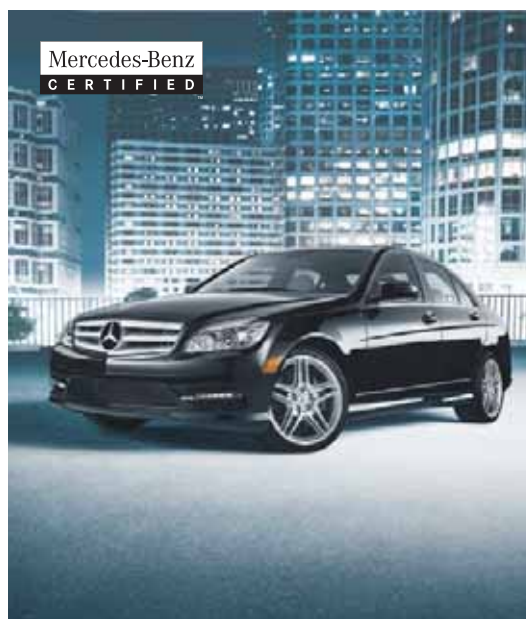
Diversity is having multimedia content supporting the real-world-you. This means sharing photos, quotes, articles and videos — all of which help express your skills, passion and values in another way. For example, people are more likely to believe you and your work experience if you have a professional photo — especially on sites such as LinkedIn.

Validation

Lastly, validation is essential in getting other people to reference you or confirm who you really are. This is extremely important to increasing the credibility of your personal brand. You need to get others to recommend you online, endorse you and provide you with testimonials. By attempting these online suggestions, you will be on your way to building and managing your professional online presence.



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Grilled cheese grows up with onions and tomatoes



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



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rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional: I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese,

freshly grated

- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Healthy eating

Choose it and lose it



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for more, visit
rosereisman.com

Subway is considered a healthy fast food choice, but you may be surprised at what sandwiches pack the most fat and calories.

Subway tuna sub (6 inch with light mayo & Southwest sauce)

620 calories / 39 g fat

With tuna, mayo and sauce, the calories and fat in the sub equal half your daily calories and fat.



Equivalent

One six-inch Subway tuna sub with Southwest sauce and light mayo is equivalent in calories to five cans of tuna packed in water. Tuna is considered a healthy low fat fish on its own.



Subway steak and cheese sub (6 inch)

380 calories / 10 g fat

Shocking to most, the lean steak and cheese is a healthier option.



Pulled to complete perfection

For this recipe, simply marinate boneless pork for a couple of hours or overnight, then put it in the slow cooker.

The result will be tender enough to be shredded, or "pulled," apart. The sauce can easily be prepared while the pork is cooling.

1. In a bowl, combine 15 ml (1 tbsp) of the brown sugar, paprika, chili powder, mustard and salt. Rub over all sides of pork. Cover and refrigerate for at least 2 hours or overnight.

Ingredients

- 60 ml (4 tbsp) packed brown sugar, divided
- 45 ml (3 tbsp) paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) salt
- 1.5 kg (3 lb) boneless pork shoulder blade roast, cut into 4 chunks
- 1 envelope (38.5 g/1.4 oz) onion soup mix
- 375 ml (1 1/2 cups) chicken broth
- 1 ml (1/4 tsp) cayenne pepper
- 375 ml (1 1/2 cups) tomato-based chili sauce
- 45 ml (3 tbsp) cider vinegar
- 15 ml (1 tbsp) soy sauce
- Kaiser buns, warmed
- Coleslaw



This recipe serves eight. THE CANADIAN PRESS H/O

2. Place pork in five to six-quart slow cooker. Whisk soup mix and broth; pour over pork. Cover and cook on low 8 to 10 hours or on high 4 to 5 hours, until pork shreds easily with a fork. Transfer pork to a plate and let cool slightly.

3. Using spoon, remove excess fat from surface of sauce. Pour sauce into a large saucepan and

bring to a boil. Reduce heat and simmer for about 20 minutes, until syrupy. Stir in remaining brown sugar, cayenne, chili sauce, vinegar and soy sauce; simmer for 10 minutes to blend flavours. Adjust seasoning with salt and cayenne, if desired.

4. Transfer pork to a cutting board and add accumulated juices to sauce. Using two forks,

shred pork, placing it in a serving bowl. (This is a super-messy job, but worth the effort.) Pour 250 ml (1 cup) sauce over shredded meat, turning pork to absorb sauce. Serve pork on warmed buns, topped with coleslaw, with extra sauce for dipping. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012).**



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Short-track speed skating

Hamelin doubles up on gold in Russia

Short-track star Charles Hamelin won his second gold medal in as many days to lead a three-medal effort by Canadians at the Samsung ISU World Cup on Sunday in Sochi, Russia.

Hamelin, from Sainte-Julie, Que., finished first in the 1,000 metres, while Gabrielle Waddell of Red Deer, Alta., won her first individual medal, taking bronze in the women's 500 metres. Waddell later helped the women's relay team win silver.

Hamelin, who won the men's 500 on Saturday, earned his latest gold with a time of one minute 25.159 seconds.

"I was trying to be more patient and save energy for the end," said Hamelin. "So in the middle of the race, I tried a pass on the outside, but I got caught by the Korean with his deep track and I almost fell. I didn't panic. I got back on my blades and got back to the pack."

"There was a lot of action, but I was able to make my way through to first and win the race. I hope this is going to be a good sign for me in one year."

Semen Elistratov of Russia was second and American J.R. Celski finished third. Jinkyu Noh of South Korea settled for fourth.

THE CANADIAN PRESS



Canadian speed skater Charles Hamelin rounds a corner during the 1,000-metre men's final on Sunday in Sochi, Russia.

THE ASSOCIATED PRESS



The Baltimore Ravens celebrate on the Superdome field after their 34-31 win over the San Francisco 49ers in Sunday night's Super Bowl. RONALD MARTINEZ/GETTY IMAGES

Ravens turn off the lights on 49ers

Super Bowl. San Fran nearly climbs all the way back following power outage, but Baltimore holds on to win its second NFL title

Super Bowl XLVII

34

Ravens

31

49ers

From blowout to blackout to shootout, Joe Flacco and the Baltimore Ravens had just enough power to survive one of the most electric Super Bowls ever.

The outage flipped a switch for the San Francisco 49ers, but the Ravens used a last-gasp defensive stand to hold on Sunday night, 34-31.

America's biggest sporting event came to a half-hour standstill in the third quarter when most of the Superdome lights and the scoreboards went dark. By then, the Ravens had a 22-point lead.

Everything changed after that, though, and the 49ers staged a sensational rally before Ray Lewis and Co. shut it down. But there were plenty of white-knuckle moments and the Ravens (14-6) had to make four stops inside their seven at the end.

For a Super Bowl with so many subplots, it almost had to end this way.

Flacco's arrival as a championship quarterback coincides with Lewis' retirement.

The sibling rivalry between the coaching Harbaughs went to John, older than Jim by 15

months.

"How could it be any other way? It's never pretty. It's never perfect. But it's us," John Harbaugh said. "It was us today."

At four hours, 14 minutes, it was the longest Super Bowl ever. Among the most thrilling, too.

The loss of power delayed the game 34 minutes and left players from both sides stretching and chatting with each other. It also cost Baltimore whatever momentum it built, and that was considerable after Jacoby Jones' 108-yard kickoff return and game MVP Flacco's three touchdown passes made it 28-6.

Back came San Francisco (13-5-1) in search of its sixth Lombardi Trophy in as many tries.

Michael Crabtree's 31-yard touchdown reception on which he broke two tackles made it 28-13. A couple minutes later, Frank Gore's six-yard run fol-

lowed a 32-yard punt return by Ted Ginn Jr., and the 49ers were within eight.

Ray Rice's fumble at his 24 led to David Akers' 34-yard field goal, but Baltimore woke up for a drive leading to rookie Justin Tucker's 19-yard field goal.

San Francisco wasn't done challenging, though, and Colin Kaepernick's 15-yard TD run, the longest for a quarterback in a Super Bowl, made it 31-29. A two-point conversion pass failed when the Ravens blitzed.

Tucker added a 38-yarder with 4:19 remaining, setting up the frantic finish.

Kaepernick couldn't get the 49ers into the end zone on the final three plays — there was contact on Crabtree on the final pass that appeared incidental, and Jim Harbaugh insisted it was pass interference.

Ravens punter Sam Koch took a safety for the final score with four seconds left.

THE ASSOCIATED PRESS

4 SPORTS

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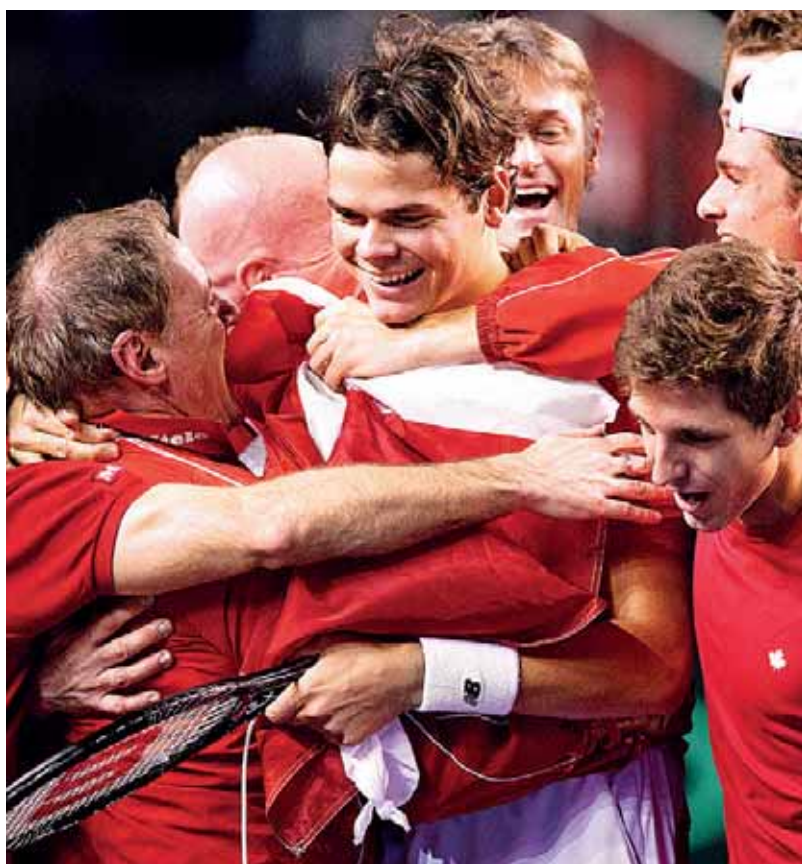
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Canada's Milos Raonic, centre, of Thornhill, Ont., is mobbed by his teammates after defeating Spain's Guillermo Garcia-Lopez during a first-round singles match at the Davis Cup World Group in Vancouver, B.C., on Sunday.

DARRYL DYCK/THE CANADIAN PRESS

Bosh helps lift Heat to 100-85 win over Raptors

Chris Bosh lifted the Miami Heat to victory over his old team on Sunday — and then he thanked Toronto fans for helping him do so.

Bosh, who was received by a chorus of boos during team introductions, scored 13 of his 28 points in the fourth quarter as the Heat defeated the Raptors 100-85 on Sunday for their 10th consecutive victory over Toronto.

"I was hearing a lot from the fans," said Bosh, who departed for Miami in a sign-and-trade deal in the 2010 off-season. "I thank them for continuing to stay on me and call me names and stuff because that helped my focus a lot. I was like, 'I need to get in this to shut them up.'"

LeBron James poured in a game-high 30 points, while Dwyane Wade added 23 points for the Heat (30-14).

The loss spoiled strong efforts by new Raptors forward Rudy Gay, who scored 29 points, and DeMar DeRozan, who added 27.

"I wouldn't say I'm 100 per cent comfortable," said Gay, two days after joining his new team. "I'm still feeling my way out there. I still think this is a game we could've won. We still have a couple things to iron out in practice."

Kyle Lowry added 10 points



Heat forward LeBron James jostles for a rebound with new Raptors forward Rudy Gay on Sunday in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

for Toronto (17-31), while Aaron Grey had a game-high 12 rebounds to go with six points.

Wade added 23 points for the Heat (30-14).

Raptors coach Dwane Casey knew the Heat would be hungry, coming off a 102-89 loss Friday in Indiana.

"They're going to be like a bunch of wet hens," Casey said before the game. "They're going to be really, really ready to play."

Toronto, meanwhile, was coming off a thrilling 98-73 victory over the Los Angeles Clip-

pers in Gay's Raptors debut.

Toronto led by eight in the second quarter, but were trailing 71-67 by the end of the third, and six consecutive points by Bosh gave the Heat a six-point lead with 5:41 left.

"They're the defending champs," Gay said. "I say for three and a half quarters we played them as well as anybody in the league. The fact that we haven't been together for a long time, they exposed that in the fourth and a little bit in the third."

THE CANADIAN PRESS

Raonic's win leads Canada over Spain in Davis Cup upset

Tennis. Canucks knock off No. 1-ranked side and advance to the second round

Milos Raonic propelled Canada into the second round of the Davis Cup World Group Sunday.

Raonic beat Spain's Guillermo Garcia-Lopez in straight sets — 6-3, 6-4, 6-2 — at UBC's Doug Mitchell Thunderbird Sports Centre. The win gave Canada an insurmountable 3-1 lead in the best-of-five tie with one reverse singles match to play.

Raonic was rarely tested by Garcia-Lopez, ranked 82nd in the world, who made his first Davis Cup appearance. Garcia-Lopez was inserted into the do-or-die match by Spanish captain Alex Corretja, who made a late lineup change in a bid to right Spain's fortunes.

Canada entered play with a 2-1 lead and needed just one win in its final two singles

matches to claim the tie.

Garcia-Lopez replaced Marcel Granollers, who was tagged as Spain's top singles player for this event as the five-time Davis Cup champion was missing its four top players.

Garcia-Lopez tried to counter Raonic's power with several cross-court shots in a bid to get the world's 15th-ranked player running around the court.

But Raonic, from Thornhill, Ont., had little difficulty returning Garcia-Lopez's attempts. Canada's top singles player got off to a hot start as he opened with back-to-back aces and won the game at love with a well-placed volley in the back corner opposite Garcia-Lopez. Raonic took a 3-2 lead in the first set with another ace as he launched a 220 km/h serve past his opponent.

After coming back to break Garcia-Lopez's serve in the sixth game, the players held serve the rest of the way as Raonic took the opening set 6-3.

A first

This marks the first time that Canada has advanced to the second round of the World Group level, which is open to the top 16 countries.

- **Pre-tournament.** Canada is ranked 12th on the Davis Cup table while Spain, which lost the 2012 final to the Czech Republic, entered the weekend No. 1.

Raonic maintained his momentum in the second set and started the third set with a service break and hold to go up 2-0. Raonic proceeded to break again and was well on his way.

Serving for the match, Raonic built up a 40-15 lead and closed out the historic win with an overhead smash.

Canada will host Italy in the quarter-finals in April.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	8	4	4	0	21	23	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Winnipeg	8	3	4	1	24	32	7
Carolina	7	3	4	0	18	23	6
Florida	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	8	4	2	2	21	20	10
Edmonton	8	4	3	1	20	21	9
Minnesota	8	4	3	1	20	22	9
Colorado	8	4	4	0	19	20	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	9	3	4	2	27	26	8
Dallas	9	3	5	1	17	23	7
Los Angeles	7	2	3	2	16	23	6

Sunday's results
Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0
Saturday's results
Pittsburgh 5 New Jersey 1
Montreal 6 Buffalo 1
Colorado 3 Edmonton 1
Philadelphia 5 Carolina 3
NY Rangers 3 Tampa Bay 2
Boston 1 Toronto 0
Columbus 4 Detroit 2
Phoenix 2 Dallas 0
Chicago 3 Calgary 2 (SO)
Anaheim 7 Los Angeles 4
Nashville 2 San Jose 1 (SO)
Monday's games — All Times Eastern
Carolina at Toronto, 7 p.m.
Dallas at Colorado, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Tuesday's games
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at San Jose, 10:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	30	14	.682	—
New York	30	15	.667	1/2
Chicago	29	18	.617	2 1/2
Indiana	28	19	.596	3 1/2
Brooklyn	28	19	.596	3 1/2
Atlanta	26	20	.565	5
Milwaukee	25	21	.543	6
Boston	24	23	.511	7 1/2
Philadelphia	20	26	.435	11
Detroit	18	30	.375	14
Toronto	17	31	.354	15
Orlando	14	33	.298	17 1/2
Cleveland	14	34	.292	18
Charlotte	11	35	.239	20
Washington	11	35	.239	20

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	35	12	.745	2
L.A. Clippers	34	15	.694	4
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	26	22	.542	11 1/2
Houston	26	23	.531	12
Portland	24	23	.511	13
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	27	.426	17
Minnesota	18	26	.409	17 1/2
Sacramento	17	32	.347	21
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: Division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97
Miami 100 Toronto 85

Saturday's results
Chicago 93 Atlanta 76
New York 120 Sacramento 81
Cleveland 115 Oklahoma City 110
Houston 109 Charlotte 95
Minnesota 115 New Orleans 86
San Antonio 96 Washington 86
Milwaukee 107 Orlando 98
Portland 105 Utah 99
Golden State 113 Phoenix 93
Monday's games — All Times Eastern
L.A. Clippers at Washington, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Chicago at Indiana, 7 p.m.
Detroit at New York, 7:30 p.m.
Charlotte at Miami, 7:30 p.m.
Dallas at Oklahoma City, 8 p.m.
Portland at Minnesota, 8 p.m.
Sacramento at Utah, 9 p.m.

GOLF

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Phil Mickelson, \$1,116,000	60-65-64-67=256
Brandt Snedeker, \$669,600	64-66-65-65=256
Scott Piercy, \$421,600	70-66-64-61=261
Ryan Moore, \$297,600	66-66-65-65=261
Ryan Palmer, \$248,000	64-73-66-62=265
Brendon de Jonge, \$207,700	66-67-67-66=266
Brendan Steele, \$207,700	69-65-65-67=266
Bill Haas, \$207,700	65-64-70-67=266
Matt Every, \$173,600	65-67-69-66=267
Padraig Harrington, \$173,600	64-70-63-70=267
Robert Garrigus, \$136,400	66-66-69-67=268
Billy Horschel, \$136,400	69-68-64-67=268
Ben Crane, \$136,400	67-71-64-66=268
Kevin Stadler, \$136,400	68-68-69-63=268
Bubba Watson, \$111,600	67-67-71-64=269
David Hearn, \$84,165	67-65-73-65=270
Troy Matteson, \$84,165	67-65-66-72=270
Gary Woodland, \$84,165	67-66-67-70=270
Bo Van Pelt, \$84,165	68-67-71-64=270
James Hahn, \$84,165	71-67-70-62=270
Roberto Castro, \$84,165	65-68-67-70=270
Jeff Klauk, \$84,165	67-68-67-68=270

NFL

SUPER BOWL XLVII

Sunday's result

At New Orleans, La.

Baltimore 34 San Francisco 31



Montreal Canadiens goaltender Carey Price makes a save against Ottawa Senator Daniel Alfredsson in Montreal on Sunday. With the Habs' 2-1 victory, Price has won six straight starts. GRAHAM HUGHES/THE CANADIAN PRESS

Habs' Pacioretty has knack for comebacks

NHL. Pacioretty returns ahead of schedule from appendix surgery to provide key assist in Montreal's victory

It took Max Pacioretty one shift to show he has completely recovered from appendix surgery.

Only eight days after an emergency appendectomy, the left-winger found a puck in the slot and slid it to the net for David Desharnais to tip in for a goal that helped the Montreal Canadiens to a 2-1 victory over the Ottawa Senators on Sunday afternoon.

Pacioretty, who was expected to be out for three to four weeks, looked strong as ever as he skated a regular shift on the top line with Desharnais and Erik Cole and picked up his fifth point in four games played this season.

"I just trusted that those two battling would make the right play, and it ended up

Sunday's game	
2	1
Canadiens	Senators

right on my stick," he said of the goal that tied the game 1-1 at only 2:13 of the period after Jakob Silfverberg opened the scoring for Ottawa.

"That's what I mean about them doing the heavy lifting early on."

Pacioretty's ability to bounce back from injuries causes fans and even his teammates to shake their heads in wonder.

In the 2010-11 season, he was stretched off the Bell Centre with a concussion and a broken vertebrae in his neck after crashing head first into a stanchion. But he was back on his feet within days.

He missed the last 15 games of the regular season and the first round of the play-

offs but might have been back if the Canadiens had gone further into the post-season.

He responded with a breakout, 33-goal season in 2011-12 and was awarded the Bill Masterton Trophy for persistence and dedication.

Pacioretty said resilience is something he has learned.

"I look at adversity as a good thing," he said. "I've had to deal with a lot in my career, whether it be injuries or getting sent down."

"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second. It's made me the player and the person I am and I'm thankful to have got all these opportunities."

Cole had the winner later in the first period for the Canadiens (6-2-0), who swept home games on consecutive afternoons after a 6-1 win over the Buffalo Sabres on Saturday.

The Senators (5-3-1) were coming off a 1-0 loss in Carolina on Friday night and are struggling to score with top centre Jason Spezza out with a sore back.

Goaltenders Carey Price and Craig Anderson were both at the top of their games as Ottawa outshot Montreal 33-32.

Price may have caught a break as a goalie interference call nullified a goal by defenceman Andre Benoit 1:26

Around the NHL

Chris Kunitz scored a hat trick in the Pittsburgh Penguins' Super Bowl Sunday visit to the nation's capital, leading a 6-3 win over the Washington Capitals.

- The Pens have won three straight and four of five to lead the Atlantic Division.

In Buffalo, defenceman Brian Campbell scored on the power play with 10:33 remaining to cap Florida's three-goal rally, and the Panthers beat the Buffalo Sabres 4-3 on Sunday.

- Peter Mueller, George Parros and Shawn Matthias also scored for the Panthers, who won their first road game of the season and snapped a seven-game road winless drought (0-5-2) dating to last season.

THE ASSOCIATED PRESS

into the third frame. Price was outside the crease when Silfverberg leaned into him as Benoit shot.

Price has now won six starts in a row since dropping a 2-1 decision to Toronto on opening night Jan. 19.

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Roadblocks



"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second."

Max Pacioretty on the adversity he has faced during his career.



Horoscopes

♈ Aries

March 21 - April 20

You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

♉ Taurus

April 21 - May 21

Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

♊ Gemini

May 22 - June 21

You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

♋ Cancer

June 22 - July 23

Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring—but also that bad thoughts could lead to bad things. It's your call.

♌ Leo

July 24 - Aug. 23

Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

♍ Virgo

Aug. 24 - Sept. 23

You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

♏ Libra

Sept. 24 - Oct. 23

Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

♏ Scorpio

Oct. 24 - Nov. 22

No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

♐ Sagittarius

Nov. 23 - Dec. 21

A domestic matter of some kind has to be dealt with—not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision—and make sure everyone follows it.

♑ Capricorn

Dec. 22 - Jan. 20

The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

♒ Aquarius

Jan. 21 - Feb. 19

You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

♓ Pisces

Feb. 20 - March 20

Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

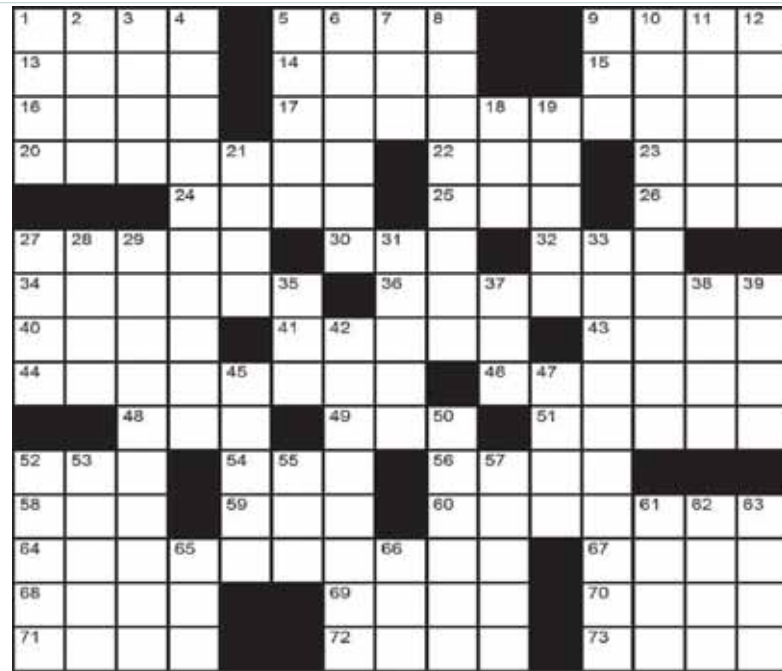
Crossword: Canada Across and Down

Across

1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of ___" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "___ a Witness" by Marvin Gaye
22. ___ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The ___ & Stimpny Show"
26. Faucet
27. Paul McCartney's nickname
30. ___ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, ___"
36. Carnaval de Quebec mascot
40. "___ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, ___
48. Steve Nash's NBA team, on scoreboards
49. Cooking art.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and ___
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. ___ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

Down

1. Milwaukee, ___
2. "The Dame ___ Experience"
3. Trim

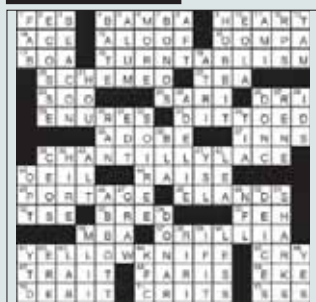


4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep

19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here ___, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio ___ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valen-

- time's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-___
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword

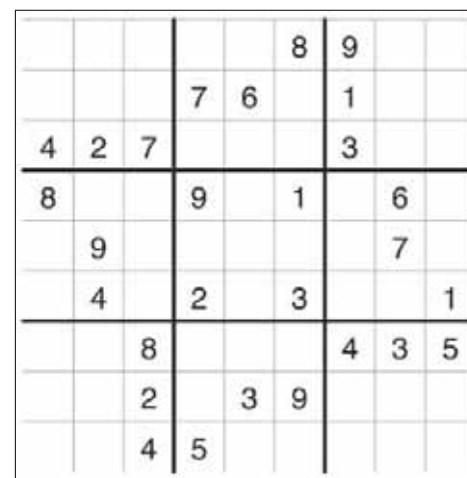
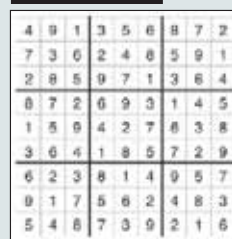


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

MAX: 1°
MIN: -4°

TUESDAY

MAX: 3°
MIN: -2°

WEDNESDAY

MAX: 2°
MIN: -3°MICHELE MCDUGALL
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2012 Toyota Corolla CE #12A7167  \$14,888	2011 Suzuki Kizashi #07B0899  \$14,888	2011 Dodge Grand Caravan SXT #11A4399  \$14,888	2009 Mazda CX-7 AWD #09T5327  \$14,888	2008 Honda Accord EX #08A0792  \$15,888	2009 Nissan Altima 2.5S Coupe #09A3961  \$15,888	2010 Ford F150 S/C 4x4 XLT #10A3724  \$15,888	2012 Chevrolet Impala LS #12B9314  \$15,888	2011 Suzuki Grand Vitara AWD #11A1057  \$17,888

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ALL OUT CLEAROUT



All new 2013 DODGE DART

CLEAROUT

\$16,888



#7271

LEASE ME
\$113 B/W
OWN ME
\$99 B/W



#2102

NEW 2013 DODGE RAM 1500 QUAD 4X4 SXT

Reg: \$40,639
Discount: \$13,141

CLEAROUT: \$27,498 LEASE ME **\$184 B/W** OWN ME **\$157 B/W**



#3806

NEW 2012 RAM 1500
Reg: \$28,869 Discount: \$10,879

CLEAROUT: \$17,990

LEASE ME **\$119 B/W** OWN ME **\$105 B/W**



#7581

NEW 2012 FIAT 500
Reg: \$17,994 Discount: \$4,004

CLEAROUT: \$13,990

LEASE ME **\$93 B/W** OWN ME **\$81 B/W**



#6968

NEW 2013 DODGE AVENGER

Reg: \$21,189 Discount: \$6,199

CLEAROUT: \$15,990

LEASE ME **\$109 B/W** OWN ME **\$94 B/W**



#3077

NEW 2013 DODGE GRAND CARAVAN

Reg: \$30,319 Discount: \$9,421

CLEAROUT: \$20,898

LEASE ME **\$121 B/W** OWN ME **\$120 B/W**



#2750

NEW 2013 DODGE JOURNEY

Reg: \$23,669 Discount: \$2,971

CLEAROUT: \$20,698

LEASE ME **\$132 B/W** OWN ME **\$119 B/W**



#8322

NEW 2012 DODGE JOURNEY R/T AWD

Reg: \$36,694 Discount: \$7,704

CLEAROUT: \$28,990

LEASE ME **\$195 B/W** OWN ME **\$170 B/W**



#7700

NEW 2012 DODGE DURANGO SXT AWD

Reg: \$40,194 Discount: \$9,204

CLEAROUT: \$30,990

LEASE ME **\$199 B/W** OWN ME **\$181 B/W**



#6124

NEW 2013 JEEP GR CHEROKEE LAREDO 4X4

Reg: \$41,364 Discount: \$5066

CLEAROUT: \$36,298

LEASE ME **\$196 B/W** OWN ME **\$208 B/W**



#1057

NEW 2013 DODGE RAM QUAD CAB SLT

Reg: \$46,534 Discount: \$16,544

CLEAROUT: \$29,990

LEASE ME **\$199 B/W** OWN ME **\$176 B/W**



##3385

NEW 2012 RAM 2500 LONGHORN CREW 4x4

Reg: \$63,634 Discount: \$14,644

CLEAROUT: \$48,990

LEASE ME **\$305 B/W** OWN ME **\$288 B/W**



#7081

NEW 2012 DODGE 2500 POWERWAGON 4x4

Reg: \$53,914 Discount: \$12,924

CLEAROUT: \$40,990

LEASE ME **\$264 B/W** OWN ME **\$240 B/W**



#3045

NEW 2012 RAM 3500 LARAMIE CREW CUMMINS 4x4

Reg: \$73,914 Discount: \$18,924

CLEAROUT: \$54,990

LEASE ME **\$348 B/W** OWN ME **\$334 B/W**



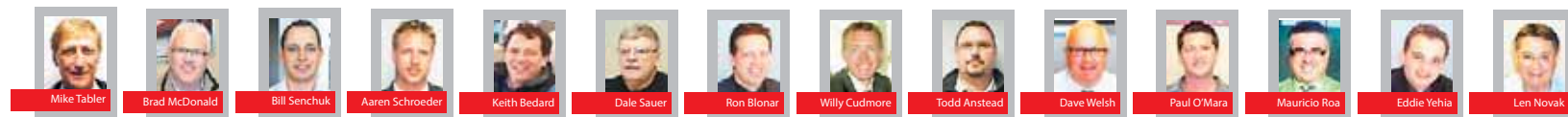
#3876

NEW 2012 RAM 3500 CREW SXT 4X4 CUMMINS DUALY

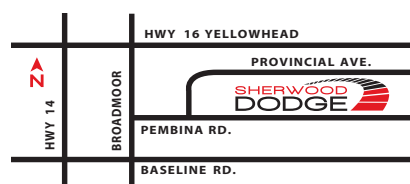
Reg: \$62,834 Discount: \$16,844

CLEAROUT: \$45,990

LEASE ME **\$292 B/W** OWN ME **\$269 B/W**



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